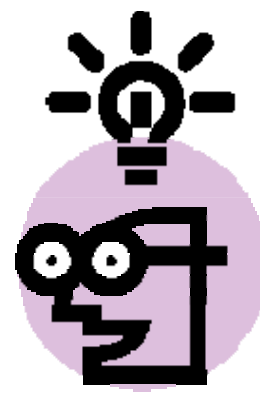
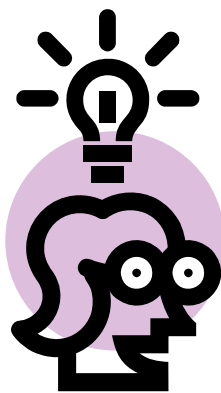




Montana's School Food Service Peer Consultant Training Network

A Montana Team Nutrition Project



April 2006

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What is it? A group of outstanding school food service directors from Montana schools comprise the Montana Team Nutrition's School Food Service Peer Consultant Training Network. The purpose of the Peer Consultant Training Network is to provide the opportunity for these trainers to share their expertise with other school food service professionals throughout the state. The trainers will act as mentors to assist other schools in their efforts to provide healthy meals which meet the USDA regulations in a cost effective manner.

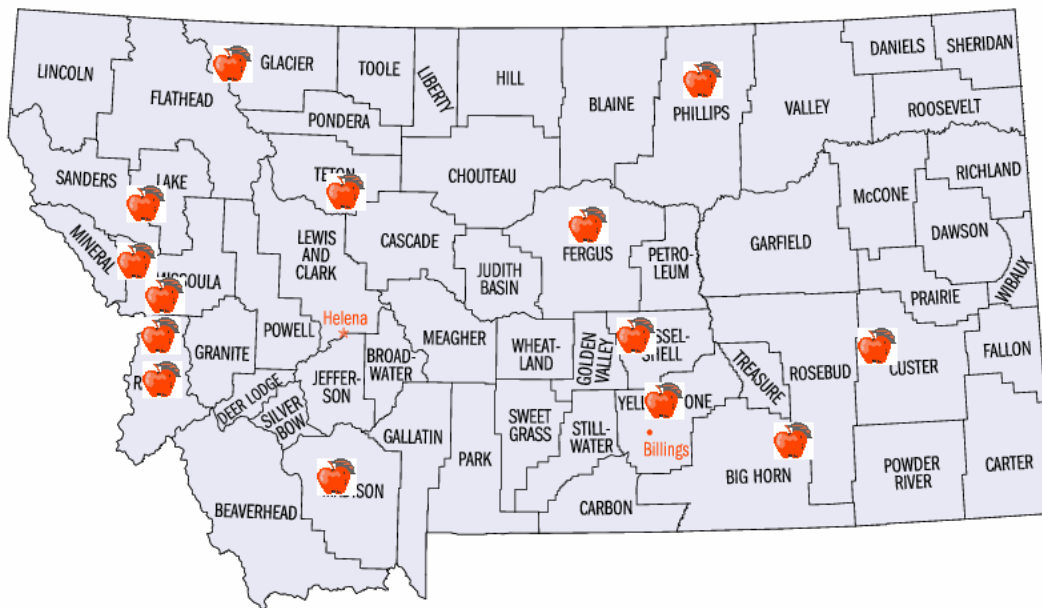
Who can use it? School food service professionals throughout Montana and/or other school staff interested in promoting school meals, offering healthy foods, increasing fruit and vegetable consumption, working towards creating a healthier school environment, or promoting healthful ala carte sales. Peer Training Consultants can mentor other food service professionals through one-on-one consultations (through site visits, telephone or email) and in group training sessions.

Meet the trainers!

It is our pleasure to introduce the professionals that comprise the 2006 School Food Service Peer Training Network! The trainers are conveniently located around the state. Don't hesitate to contact a trainer near you or the Montana Team Nutrition Program for a referral to a Peer Training Consultant. The directory will also be available on-line via the OPI School Nutrition Programs website:

<http://www.opi.mt.gov/pdf/schoolfood/SFSdirectory04.pdf>

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KATIE APPEL-GOBLE

Katie is the Food Service Director for Hellgate Elementary School (K-8 grades) in Missoula, Montana. Katie has been in the food service business for a number of years, which includes ten years of experience in sales in addition to eight years of experience in school food service management. She has provided a leadership role in the profession by serving on the OPI Commodity Food Committee and being the Industry Representative for the Montana School Nutrition Association. She has experience in being a trainer for annual state conferences, and has been an instructor for the MSU School Food Service Cooking Institute for the past five years.

In the food service program, she and her staff (9 employees) serve students breakfast, lunch and offer an a la carte program. They serve over 200 breakfasts and over 900 lunches per day.

Katie is known for her marketing expertise and making school meals FUN! She and her staff have worked very hard at increasing the variety of menu choices available for both the breakfast and lunch program. She attributes her success to getting her staff involved in the program and utilizing their ideas, skills and creativity in planning and serving meals. She is a firm believer that “we eat with our eyes” and makes sure meals look attractive and enticing from a kid’s perspective. She values student interaction and involvement and values the opportunity to feed and interact with students each day.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Menu Planning, Marketing, Increasing Participation, Service, Personnel Management, Utilization of Commodity Foods and Catering, Allergy Awareness/Knowledge.



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STARR FULMER

Starr is the Food Service Director for the St. Labre Indian Catholic Schools (grades K-12) in Ashland, Montana. Starr has worked 24 years in school food service programs and has held a variety of positions in school food service. She began her career working in the dish room, then went on to become the baker, evening head cook, food service secretary, food service supervisor, and in 1985 began as the Food Service Director for St. Labre Schools. Starr also served on the executive board of the Montana School Nutrition Association for a number of years including a term as president.

The St. Labre food service program includes three schools that participate in the breakfast, lunch, after school snack, summer feeding, and a la carte programs serving over 700 reimbursable meals per day. In addition to these programs, Starr and her staff (29 employees) serve dinner to the students at the St. Labre dormitory.

The many successful features of Starr's program include healthy menu planning, Native recipes and the use of bison, from scratch cooking (with the added bonus of increasing fiber by adding whole wheat flour), creative use of commodity foods, ongoing staff training and development, outstanding presentation of fruits and vegetables and the staff walking program.

Consultant Areas of Expertise Include: Inventory Control, Personnel Management, After School Snack Program, Summer Food Service Program, Meeting Nutrition Standards, Use of a Nutrient Analysis Software Program (Nutri-Kids for Windows).



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CINDY GIESE

Cindy is the Food Service Director for the Lewistown Public Schools (grades K-12) in Lewistown, Montana. Cindy has been employed in school food service for the last seven years. Her previous experience includes 11 years as the school secretary responsible for all lunch accounts, free/reduced applications, daily record participation reports and submitting the monthly financial reports to the business office.

Cindy and her staff (20 employees) serve 165 breakfasts, 765 lunches, and offers a la carte choices at breakfast and lunch daily to the five schools in her district.

Cindy believes the success of her program is derived from several factors, the first being the strong support she has received from the community, school district, her staff, parent/ teacher groups, and OPI. The combined effort of these groups helped raise the funding that resulted in the ability to make the necessary renovations and to purchase the equipment needed to expand the breakfast program to include all 3 elementary schools and the junior high. As a result of breakfast success in these buildings, it is now offered at the high school. Other factors include; grab 'n go meals at the junior and senior high, pb & j sandwich as an entree alternative for grades 5-6, a cycle menu for reimbursable breakfast at each elementary school and a weekly cycle menu at the junior and senior buildings, mandatory Servsafe classes for all food service employees, peer training and cross training through personal observation and interaction, catering for district events, computerized accounting system, and "special events days" and other activities to help increase participation. Cindy further attributes the success of her program to her hard working and justifiably proud food service team.

Consultant Areas of Expertise Include: Sanitation/Safety, Marketing, Increasing Participation, Service, (Self Serve, Scramble Approach, Etc), Personnel Management, Nutrition Education (in the classroom), School Breakfast Program, School Lunch Program, A la Carte, Catering.



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DEAN HENMAN

Dean has been employed in the food service industry for over twenty years, ten of which have been at Pine Hills Youth Correctional Facility (PHYCF) where he currently works as the Food Service Supervisor/Manager. Dean holds a degree in Culinary Arts which supports his endeavors in the food industry. Currently, Dean is the President of the MPEA Local Chapter 11 and is a member of the Montana School Nutrition Association (MSNA).

PHYCF employs 4 food service employees and serves 96 breakfasts, 140 lunches, and 96 after-school snacks on a daily basis. In Dean's opinion, the successful features of his facility include his captive audience. He has strived to get them involved with menu planning based on the guidelines set forth by the USDA and MSNA. The student participation in planning menus has been one of Dean's greatest accomplishments over the years. Great job, Dean!

Consultant Areas of Expertise Include: Food Production, Menu Planning, Sanitation/Safety (ServSafe/HACCP), Recipe Development, Inventory Control, Cost Control, Personnel Management, Record Keeping, School Breakfast Programs, School Lunch Programs, After School Snack Programs, Utilization of Commodity Foods, Meeting of Nutrition Standards, and Use of Nutrient Analysis Software (NutriKids).



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PAULIE HOMER

Paulie began her 35-year career in the food service industry at the age of 13, working as a bus girl for the 4 B's Cafeteria. Over the next 8 years her job responsibilities continued to increase until she was offered the position as managing head cook in 1969, a position she declined because of her upcoming marriage. After starting a family and getting the children in school, Paulie began her career in school food service as the dishwasher for the Lolo Elementary School District in 1978. A few months after being hired Paulie was promoted to head cook, a position she held for the next 5 years. In 1982, Paulie was hired as the Food Service Director for Lolo Elementary School District and held that position for the next 17 years. In 1999, Paulie was hired as the Director of School Food Services for the Missoula County Public School District (4 high schools, 1 alternative high school, 4 middle schools, 10 elementary schools, over 9000 students and over 100 employees), until she retired in 2003.

Paulie has been an active member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) since 1978. She is certified as a Director of School Food Service with SNA and has attended numerous classes and workshops over the years. Paulie was an active member of the MSNA executive board for a number of years. She held the office of membership chair (2 terms), secretary, vice president, president, and past president. Paulie's leadership experiences also include teaching pre-conference classes several years and facilitating classes at the annual state food service conference.

Consultant Areas of Expertise Include; Menu Planning, Marketing, Increasing Participation, Recipe Development, Cost Control, Nutrition Education (in classroom, cafeteria), School Breakfast Program, School Lunch Program, Utilization of Commodity Foods, Meeting Nutrition Standards and Use of a Nutrient Analysis Software Program (NutriKids).



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LYNNE KEENAN

Lynne Keenan is the food service director for Browning Public Schools (grades K-12) in Browning, MT where she oversees personnel, procurement, production, and service of school nutrition programs including the National School Lunch Program, the National School Breakfast Program, and Summer Feeding and Snack Programs. Lynne has been employed in the school food service industry for the last 4 years, but she has 20 years experience in the restaurant business as the owner of her own deli/bakery. On top of all of that, Lynne has an educational background in business management! She has served as a board member and an executive on the Montana School Nutrition Association (MSNA) Board since 2004.

The Browning Public Schools food service includes breakfast, lunch, After School Snacks, and Summer Meals. Lynne and her staff (20 employees) serve 1000 breakfast and 2000 lunch meals. In addition, they serve 200 After School Snacks daily and 500 meals/day in the summer!

The success of the Browning Public School Food Service program can be attributed in part to the increase in choices of all items (especially fruits and vegetables), increase in homemade entrees instead of convenience items, remodeling of High School to make it less institutional, and a Breakfast Bar at the High School offering a balanced breakfast. Lynne has won 3 special awards over the course of the years which she considers to have had the most positive impact on her school food service program: 1) a Victory Against Hunger Congressional Award in 2003 for educating and encouraging the community to eat more fruits and vegetables, 2) a Montana Nutrition Advisory Council Governor's Award for Summer Feeding Programs in 2004 and 3) a Montana OPI School Nutrition Programs Best Practice Award for reaching needy populations in the summer months via the Summer Feeding Program in 2004.

Consultant Areas of Expertise Include: Sanitation/Safety (ServSafe/HACCP), Marketing, Increasing Participation, Nutrition Education (In cafeteria/classroom), Summer Food Service Program



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DONA KRUSE

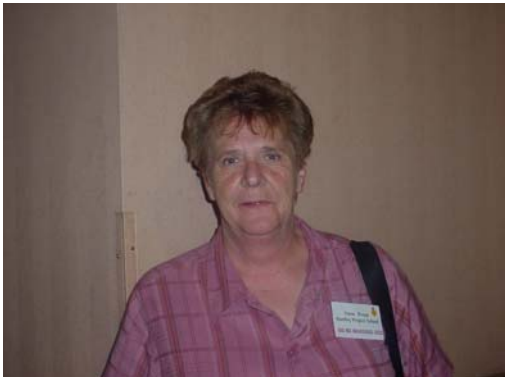
Dona is the Food Service Director for the Huntley Project Schools (grades K-12) in Worden, Montana. Dona has been employed in school food service for sixteen years. Her previous experience includes 12 years as the head baker at St. Vincent's Hospital in Billings, MT.

Dona and her staff (6 employees) serve 150 breakfasts and 625 lunches (this is 80% of the school's enrollment) daily, while also offering a summer feeding program. In 2005 Huntley project school received a grant for an after school program. They now serve snacks to all the participating students.

Dona's program is proof positive that offering choices will increase participation. This successful food service program offers 3 choices at breakfast- regular menu item, yogurt, or cold cereal; and 3 choices at lunch- regular menu item, chef salad, or peanut butter and jelly sandwich. The students also have the option to serve themselves from a full salad bar, which is offered on a daily basis and included with their meal (not charged for separately). Do these kids have it made, or what?! Junior high and high school students enjoy the availability of ala carte beverages with their lunches, which has helped boost the number of meals served to these older students.

With Dona and her staff maintaining positive and friendly communication with the students and school staff, it creates a pleasant, welcoming atmosphere in the lunchroom. Not only is the atmosphere great, the food is too! Dona routinely revises her menus with new items, while cooking from scratch as much as possible.

Consultant Areas of Expertise Include: Increasing Participation, Service, (Self Serve, Scramble Approach, etc), Personnel Management, School Breakfast Program, School Lunch Program, Catering, Food Procurement, Food Production and Student Fundraising.



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KATHY MARTIN

Kathy has been employed in the school food service for almost ten years, but being one of ten children, she has always prepared foods for large groups of people. She worked in Food Service Departments in hospitals and nursing homes for 15 years, working her way through the ranks to manager where she remained for 8 years. Kathy joined the team at Corvallis School District in 1997. As a Montana girl, she strives to keep the "homemade touch", yet meet the challenge of limited staff and budget in a self funded program. Kathy is ServSafe certified and she is trained in cake decorating and garnishing. Currently, Kathy is a member of OPI Community Food Committee and the School District Safety Committee.

Corvallis School serves 100+ breakfasts and 775-825 lunches daily and employs 9 food service staff members.

Kathy credits the success of the Corvallis School Food Program to staff involvement as they truly care about the customer and are willing to go the extra mile for each and every student and staff member. Corvallis School offers a variety of choices including Grab N Go, alternate lines, salad bar, and hot meals to go; all of which have been very successful. Having an open door and being willing to help throughout the school and the community has aided in their success, as well as being flexible, keeping an open mind and being willing to say, "No problem".

Kathy believes that their catering services have changed the old image of school lunch into a more positive one. Catering has opened an opportunity for people to taste their great food, the staff has fun doing something a little different, and making a little extra money never hurt anyone!

Consultant Areas of Expertise Include: Food Production, Marketing, Increased Participation, Recipe Development, Inventory Control, Cost Control, Personnel Management, Record Keeping, Utilization of commodity food, and Catering.



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BARBARA OEHL

Barbara started her 28-year career in 1968 working for school food service at the Mt. Prospect School District in Mt. Prospect, Illinois. Barbara advanced quickly during her 8 years with this program and she was promoted to Food Service Director. Barbara became instrumental in initiating the first satellite program (7 schools) in the state. After leaving Illinois, Barbara and her family moved to Lolo, MT, and in 1978 she started a new school food service program at the Lolo Elementary School. She held the position as Food Service Director until 1982 when she became the Food Service Director for the Missoula County High Schools, responsible for 4 high schools. In 1995 Missoula County combined the elementary and high schools districts, (4 high schools, 4 middle schools, and 12 elementary schools,) and Barbara became the Director of School Food Service for Missoula County Public Schools, a position she held until she retired in 1999.

Barbara has been an active member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) since 1978. She is certified as a Food Service Director with MSNA and has four levels of certification in Child Food and Nutrition. Barbara has always played an active role in MSNA and served on the executive board as historian, certification chair, newsletter editor, treasurer, president-elect, president, and past president. Barbara's experience also includes teaching at the annual state conference for several years and she has been an instructor for the MSU School Food Service Cooking Institute since it opened eight years ago.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Marketing, Increasing Participation, Service (self serve, scramble approach etc), recipe development, Personnel Management, Utilization of Commodities, A La Carte, and Catering.



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WANDA SAND

Wanda is the Food Service Supervisor for Fairfield School (grades K-12) in Fairfield, MT. Wanda has 28 years experience working in school food service. Wanda began working for the school food service program in 1977 as the assistant cook and in 1989 she was promoted to supervisor. Wanda is a member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) and is certified as a Food Service Tech III with SNA. Wanda has also held a number of positions on the MSNA executive board; secretary, area rep., chapter development chair, vendor chair, vice president, president, and past president.

Fairfield School food service program participates in the breakfast and the lunch program. Wanda and her staff (4 employees) serve 70 – 80 breakfasts and 315 lunches daily.

Putting the customer first and going the extra mile is the underlying success for this lunch program. Offering home baked products (they use very few convenience food), customer-friendly business hours, willingness to assist all departments in the school, flexibility, and the readiness to respond to students requests are some of the key elements to their success. Having a fresh approach in foods and attitude has made the most positive impact for this program.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Menu Planning, Sanitation/Safety (ServSafe/HACCP), Record Keeping, School Lunch Program, Utilization of Commodity Foods, and Use of a Nutrient Analysis Software Program, Nutrikids.



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CAROL SIMANTON

Carol is the Managing Head Cook for the Whitewater School District (grades K-12) in Whitewater, MT. Carol has been employed in school food service for 10 years. She is an active member of the Montana School Nutrition Association (MSNA) and has served on the executive board for the last five years. Carol is the president of MSNA this year. Carol is a winner of the Louise Sublette Award and considers applying for and winning this award the catalyst that resulted in improved communications and networking with the students.

The Whitewater School district participates in the breakfast and lunch program. Carol and her staff (1 employee) serve approximately 50 breakfasts daily (this is 70% of their enrollment) and 80 lunches per day.

The implementation of the breakfast program eight years ago is one of the reasons the Whitewater School District food service program continues to attract more and more students. Part of the success for the new breakfast program can be credited to a flexible breakfast period; they have extended the serving time for breakfast for the high school and junior high students until the start of second period. Another dynamic of this program's continuing growth can be attributed to the variety of choices offered at breakfast. Each day students receive a choice of 4 to 5 menu items to select from including, cereal, yogurt, fresh fruit, and a variety of juices, toast and muffins. The opportunity for choices is not limited just to breakfast; along with their regular lunch meal students are offered a full salad bar stocked with a variety of salads, fresh fruit, and vegetables daily. Carol thinks trying new ideas and observing the students' response is a key ingredient in continued success.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Sanitation/Safety (ServSafe/HACCP), Increasing Participation, Service (Self Serve, Scramble Approach etc.), Inventory Control, Cost Control, Personnel Management, Record Keeping, Nutrition Education (in Cafeteria, Classroom), School Breakfast Program, and School Lunch Program.



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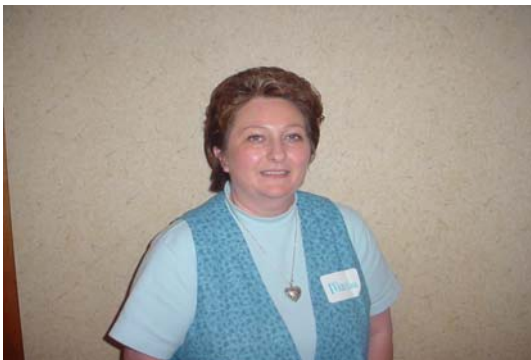
MARSHA WARTICK

Marsha is the Food Service Supervisor for the Ronan School District #30 (grades K-12) in Ronan, MT. Marsha has been involved in the food service industry over 25 years. In 2000 she began working for school food services as the Ronan School District Supervisor. Marsha's career in school food service has been extremely active and productive. She became a member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) in 2000, attended the summer school seminar in 2001, began the After School Program in 2001 and received the USDA After School Award in 2002. In addition to these major accomplishments, Marsha was involved in the designing and building of a new kitchen that was completed in March of 2003. Recently, Ronan was featured in the Making It Happen! Nutrition Successes that was put out by the CDC/USDA! What a compliment!

The Ronan School District food service program participates in the breakfast, lunch, after school snack and the summer meal programs. Marsha and her staff (18 employees) serve 300-450 breakfasts, 900 lunches, 150-230 after school snacks daily, and 100-200 summer meals per day.

Over the last three years there have been a number of high impact changes in the Ronan school food service program. These successful innovations include: a fresh fruit breakfast bar available to middle and high school students, the inclusion of a salad bar for high school and middle school students, the addition of a 2nd choice option for high school students which is reimbursable, the introduction of the after school snack program, and the participation in the USDA Fresh Fruit and Vegetable Program. Marsha feels the availability of the USDA Fresh Fruit and Vegetable Program has been a major contributor to their success.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Marketing, Increasing Participation, Service (self serve, scramble approach etc), Inventory Control, Cost Control, Record Keeping, School Breakfast Program, School Lunch Program, After School Snack Program, Summer Food Service Program, Utilization of Commodities, and Catering.



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TAMMY WHAM

Tammy is the Head Cook for the Ennis School District (grades K-12) in Ennis, MT. Tammy has worked in school food service since 2001, the first year as assistant cook, and the following year she was promoted to Head Cook. Prior to her career in food services Tammy attended vocational school for training in computers and has worked at her parents' restaurant since 1982.

Tammy and her staff (4 employees) serve an average of 70 breakfasts and an average of 300 lunches per day. Currently, an impressive 80% of the high school students are participating in the school lunch program!

Friendly faces, a relaxing atmosphere, enjoyable good food and a variety of choices are Tammy's key to a successful food service program. The addition of a deli bar, a taco bar, a pasta bar, a soup bar, a potato bar, a brand new Chinese bar (the students love it!), and a daily offering of a variety of fresh fruits are some of the many choices her students have the opportunity to explore. Continually maintaining a fresh approach in menu planning, food choices, serving, and customer relations has encouraged students to enjoy their mealtimes, thus increasing participation.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Increasing Participation, Service (self serve, scramble approach, etc) Recipe Development, and Use of a Nutrient Analysis Software Program.



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NAN WITZEL

Nan is the Head Cook/Manager for Roundup School (grades K-12) in Roundup, MT. Nan has been working in school food service for over 25 years. She started her career as the dishwasher and held that position for 3 years. Nan advanced to assistant cook and maintained that position for 17 years. In 2000 Nan was promoted to her current position as Head Cook/Manager. Nan is proud to announce she has not missed a food service conference during her entire 25-year career and considers this one of the reasons for her continued advancements.

Roundup school participates in the school food service breakfast, lunch, and a la carte programs. Nan and her staff (3 employees) serve 50 breakfasts and 350 lunches daily. In addition to these meals they also enjoy a very successful a la carte program averaging \$2900.00 monthly.

Nan attributes the increasing success of the school food service program to a variety of factors including; beginning a Grab-"N"-Go option program, increasing fruit choices to include at least four different fruits daily on the regular lunch line, starting a breakfast program, and offering chocolate milk daily. In addition to all of these great choices, grade school students also have the option of a reimbursable alternative lunch. Nan credits this option for keeping participation high, especially on days when a less popular entrée is being served. Another positive impact on the Roundup school food service program is the introduction of an a la carte program. This program has created a win-win situation for the food service program. Having the a la carte program has encouraged junior high and high school students to come into the cafeteria. Not only are the students offered a large variety of choices including a daily special, there is also the added bonus of having many of them participate in the regular lunch program along with buying other snacks.

Consultant Areas of Expertise Include: Inventory Control, Record Keeping, and A la Carte.



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